			Fleet and Marine Corps	S HEALTH RISK SURVEY					
Age:	•	Sex:	•	Rank/Rate:		•	Service:		
Race/Ethnicity:	v	Height:	FEET	INCHES			POUNDS		
			•	0 👤	pregnant we	eight	•		
Number of days spent away f	from home station in the pa	ast 12 months:		•					
1. Would you say that your he	ealth in general is		Do you <u>currently</u> smoke cigarettes, products (e.g. e-cigarettes, e-hookah,			Do you <u>currently</u> e.g., chew, dip snu	use smokeless tobac	:00	
a. Excellent			products (e.g. e-cigarettes, e-nookan,	etc.):	(e.	e.g., criew, dip sni	irr, snus):		
C b. Good			C a. Every day			C a. Ever	y day		
C c. Fair			C b. Most days			C b. Most	•		
C d. Poor			C c. Some days			C c. Some	•		
			○ d. Neversmoked ○ e. I quit			□ a. Neve	er used smokeless tob	8000	
			·						
Do you consume more than (for men), or more than 3 drink			How often do you typically drink 5 occasion? ("One Occasion" refers to ar			. How often do yo	u drive when perhaps	you have had too mi	uch to drink?
women)?	to on any day or 7 units p		exceeds one drink per hour)	revent or period when district	'y	C) a, Ofter	,		
			_				han once during the pa	st 6 months)	
C a. Yes C b. No			C a. Daily C b. Weekly			🗇 b. Some		\	
D. NO			C c. Monthly			© c. Rarel	uring the past 6 month	15)	
			d. Once or twice per year			(i.e., not in t	he past past 6 months	, but at least once d	uring the past
			C e. Never			year)			
						☐ d. Neve (i.e., not du	er ring the past year)		
7. Do you use a seat belt when	n you drive or ride as a par		8. How often do you wear a helmet whehicle, or bicycle?	ien you ride a motorcycle, all-			u use the safety equipoision protection, respir		
C a. Always						evices)	p. Diebiron, respir	and u	
○ b. Most of the time	e		C a. Always				_		
C c. Sometimes			6 b. Most of the time			C a. Alway			
d. Rarely			C c. Sometimes			C c. Some			
C e. Never			ි d. Rarely ි e. Never			C d. Rarely			
			f. Does not apply to me /	I do not ride these vehicles		C e. Neve	er		
						C f. Does	not apply to me / Nor	ne recommended	
10. In general, how satisfied a	re you with your life? (e.a.	., work situation.	11. How often do you feel that your w	ork situation is putting you ur	inder too 12	2. If you are feel	ing lonely, depressed,	angry, stressed, or i	in need of
social activity, accomplishing v			much stress?	, , , , , , , , , , , , , , , , , , , ,			someone to talk to?		
a. Very satisfied			C a. Always			CL a Not a	applicable. I do not exp	erienne these feeling	e and have so
6 b. Mostly satisfied			6 b. Most of the time			need to talk		enerioe triese reening	s and have no
C c. Somewhat satisf			C c. Sometimes			O b. Alway	ys .		
d. Not satisfied			d. Rarely			C c. Most			
			C e. Never			O d. Some			
						C e. Rarel	•		
						1.11010	•		
13. In the past 12 months, how			14. On average, how many weeks per				w many days per wee		
condom when you had sex?(re responding)	aad all choices below car		least 150 minutes of moderate-inten- intensity physical activity means work				ties that work all musc houlders and arms).	ele groups (legs, nips,	, back,
. 2			rate and break a sweat, yet still being	able to carry on a conversation	tion. i.e.,		•		
	to me because I am in a lo		brisk walking, swimming leisurely, or le of vigorous-intensity aerobic activity				more days a week		
where we only have se:			not be able to say more than a few wo	ords without pausing for a brea		○ b. 3 day			
C c. Always	,	ľ	jogging/running, swimming laps, or jump	nng rope)?		ि c. 2 day Ĉ d. 1 day			
C d. Most of the Time	e		a. 4 weeks per month				not participate in streng	gth training	
e. Sometimes			b. 3 weeks per month						
f. Rarely or Never			C c. 2 weeks per month						
			C d. 1 week per month C e. I do not participate in ae	senhin training					
				. co.o naming					
			17. About how many cups of fruit do	you eat each day? (One cup of			ou use over the count		
dairy products such as butter,	; cheese, or whole milk; reg			you eat each day? (One cup o -up fruit, one cup of 100% frui	uit juice, su	upplements, or he	ou use over the count rbal products to help y e, or treat depression?	ou manage your weig	
dairy products such as butter, or mayonnaise; or packaged fo	; cheese, or whole milk; regioods high in fats)		17. About how many cups of fruit do one small piece of fruit, one cup of cut or 1/2 cup of dried fruit)	you eat each day? (One cup o t-up fruit, one cup of 100% fru	uit juice, su	upplements, or he thletic performanc	rbal products to help y e, or treat depression?	ou manage your weig	
dairy products such as butter, or mayonnaise; or packaged fo	; cheese, or whole milk; reg loods high in fats) ry meal		17. About how many cups of fruit do one small piece of fruit, one cup of cut or 1/2 cup of dried fruit) C a. Four or more	you eat each day? (One cup of t-up fruit, one cup of 100% fru	uit juice, su	upplements, or he thletic performanc	rbal products to help y e, or treat depression?	ou manage your weig	
dairy products such as butter, or mayonnaise; or packaged fo	; cheese, or whole milk; reg loods high in fats) ry meal day		17. About how many cups of fruit do one small piece of fruit, one cup of cut or 1/2 cup of dried fruit)	you eat each day? (One cup o i-up fruit, one cup of 100% fru	uit juice, su	upplements, or he thletic performanc	rbal products to help y e, or treat depression? dy	ou manage your weig	
dairy products such as butter, or mayonnaise; or packaged fo a. At most or ever b. At least once a	, cheese, or whole milk; reg oods high in fats) ry meal day eek		17. About how many cups of fruit do one small piece of fruit, one cup of cut or 1/2 cup of dried fruit) C a. Four or more D. Three	you eat each day? (One cup l i-up fruit, one cup of 100% fru	uit juice, su	upplements, or he thletic performanc C a. Daily C b. Week	rbal products to help y e, or treat depression? city	ou manage your weig	
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